

# BOWLS



**BOWL 18.65**

**WRAP 16.15**



LIME & CILANTRO RICE OR QUINOA, BEANS, CORN, ONIONS, PEPPERS, ICEBERG, KALE, SOUR CREAM, GUACAMOLE & CHEDDAR

**WITH YOUR CHOICE OF**

1.

2.

3.

## ONE PROTEIN

- STRIPLOIN STEAK (+\$6.10)
- SEASONED WAHOO (+\$1.80)
- PULLED BEEF
- PULLED CHICKEN

## ONE SALSA

- SALSA VERDE
- TOMATO & ONION SALSA
- PLANTAIN & MANGO SALSA



- BLACK BEAN
- FALAFEL



- SMOKEY TOMATO SALSA
- SLICED JALAPENOS

## CHICKEN CAESAR SALAD 12.40

GRILLED CHICKEN, CHOPPED ROMAINE LETTUCE, CHERRY TOMATO, CUCUMBER, SCALLIONS, PARMESAN CHEESE, HOMEMADE CAESAR DRESSING AND HERB CROUTONS

## THAI CHICKEN SALAD 12.40

GRILLED CHICKEN, CHOPPED ROMAINE LETTUCE, CHERRY TOMATO, MIXED PEPPERS, CUCUMBER, SWEET CORN, CARROT, CHOPPED WALNUTS, RICE NOODLES, BLACK SESAME SEEDS AND HOMEMADE THAI DRESSING

## TACO SALAD 12.40

GRILLED CHICKEN, CHOPPED ROMAINE LETTUCE, CHERRY TOMATO, MIXED PEPPERS, CUCUMBER, BLACK BEAN, AVOCADO, SWEET CORN, TACO CHIPS AND HOMEMADE BALSAMIC TACO DRESSING

## QUINOA BOWL 16.45

QUINOA, BLACK BEANS, ROMAINE, SPINACH, MIXED PEPPERS, ONIONS, MUSHROOMS, SLICED AVOCADO, FETA CHEESE, CORN, SALSA

WITH YOUR CHOICE OF CHICKEN OR FALAFEL

## DETOX BOWL 15.45

SPINACH, KALE, CUCUMBER, CHICKPEAS, ARTICHOKES, FLAXSEEDS, QUINOA, ROASTED BDA PUMPKIN, SUNFLOWER SEEDS & BAKED PICKLED BEETS WITH LEMON-MISO-TAHINI DRESSING.

## CHILI BOWL 17.50

CHOICE OF QUINOA OR COUSCOUS, BEEF CHILI, KALE, CORN, BEANS, PEPPERS, CHERRY TOMATO, RED ONION, BACON CROUTONS & RANCH YOGHURT WITH OR WITHOUT CILANTRO

## DRESSING

- HONEY LIME
- BALSAMIC
- ZESTY ITALIAN
- RANCH
- CAESAR
- FRENCH
- HONEY MUSTARD
- ROAST GARLIC
- SESAME GINGER
- SWEET CHILI THAI
- THOUSAND ISLAND
- LEMON-MISO-TAHINI

\*ALL PRICES ARE SUBJECT TO 3% GRATUITY